AN HOSPITALL FOR THE DISEASED:

VVherin are to be found most excellent approved Medicines, as well Emplaisters of speciall vertue, as also notable Potions or Drinks and other comfortable Receites, for the restitution and preservation of bodily health.

Very necessary for the time of common Plague and mortality: and for other times when occasion shall serve.

Newly augmented and enlarged.

Gathered by T. C.

Ecclesiasticus. 38. 4.
The Lord hath created Medicines of the earth, and he that is wise will not abhorre it

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BIBLIOTHECA POLONIANA

To all such Readers, as have care of *their bodily health.*

HOw provident a Patron and bountifull a Father, the Lord God of life is unto us unthankfull and rebellious children, his manifold benefits do testifie: yea the continuance of his kindnesse is herein principally declared. For whereas our owne naturall corruption worketh daily in us the banishment out of his favour, and the danger of reprobation: he notwithstanding in consideration of our weaknes, withdraweth not his compassion from us, but in all our necessities, reaching out his helping hand unto us, is most ready (as hee is alwayes able) to pluck us out of the pit of perdition, where into the hainousnesse of our transgressions (as it were with a Cable) haleth us perforce. O gracious God, how shall sinners worthily advance the excellency of thy loue! Who shall give them an heart to conceive thy kindnesse? Whence shall they have utterance to sound out thy mercy? Of themselves (because they are vessels of wrath) they cannot compasse so perfect a worke. Thou therefore which art the perpetuall spring of all goodnes, give it them, O give it them, and they shall have it: yea and in the having of it, they shall magnifie thy name, extoll thy power, and marvell at thy mercy. Where is one, among thousand thousands, that looking upon the heavens most gloriously beautified, upon the earth most plenteously enriched, upon the frame of his owne body, most Angellically created, but shall of compulsion acknowledge the omnipotency of God and confesse the unmeasurable greatnesse of his goodnes, and love toward man? the heaven to maintaine life and light: The earth to succour and sustaine nature, All creatures living in land or water, to supply his wants: nothing to be reckoned and named wich hee hath not most liberally given unto men, as appointed him Lord and soveraigne, but them his vassailes or servants. Against hunger, least thou shouldest famish, he hath provided nourishment: against

thirſt, leaſt thou ſhouldeſt periſh, he hath ordained ſavory liquors: Againſt cold, leaſt thou ſhouldeſt die in thy nakednes; hee hath given thee clothing. And what hath hee done beſides? Hath he not ſpeciall regard to thy condition and eſtate; I meane to the health of thy body, and the ſafety of thy ſoule? Yes, yes, and that is evidently proved by the manifold remedies, which hee hath prepared to reſtore thee to ſoundneſſe of lime and life, and by the free covrſe of the pearle of his Goſpell, which it the Iewell of all Chriſtion joy. In conſideration of theſe ſo many good graces of God, what doth Chriſtian duty require? (I ſpeake to all, unto whoſe vew and cenſure this preface ſhall be preſented) Let them take the ſweet ſacrifice of thankfulneſſe, and burne the ſame upon the Altar of an humble heart, that the redolent and perfuming incenſe of the ſame aſcending up into heaven, may ſmel ſweet in his noſethrils, whoſe ſpecial delight is in ſuch a burnt offering and oblation. Thus much have I ſayd by way of advertiſement, upon occaſion of this preſent Booke, whoſe benefits as they are divers, ſo are the ſingular, and in them all is Gods goodneſſe highly commended. Note of my words, and then judge of the value and worthyneſſe of the Booke. Art thou deſeaſed in thy heart? art thou grieved in thy heart? art thou pained with ache? art thou tormented with a Feaver? art thou wounded? art thou troubled with any irkeſome ſore? Doth thy ſight faile? Doth thy hearing waxe weake? Doth thy youth weare away? Doth age creepe on apace? Finally, doſt thou feele thy ſelfe infected with the poyſon of the Plague and Peſtilence? Then delay no time: but with a ſmall price buy a Gem me worth gold (this Booke I meane,) which though it be little in quantity, yet it is greate in quality and vertue. Here (as in a cunning Apothecaries ſhop) are receits of ſundry ſorts provided, wherewith the rage any ſore may bee mittigated: the nipping ſmart of any Vlcer or wound aſſwaged: and the venome of any malladie expelled, and the perfection of health reſtored. Thanke God and uſe it in thy need. Heere thou haſt ſuccour to ſerve thee in thy ſickneſſe.

Thus farewell in Chriſt, T. C.

An Hospitall for the diseased.

A preservation against the Plague.

TAke a handful of Sage, a handfull of Herbe grace, otherwise called Rew, a handfull of Elder-Leaues, a handfull of red Wramble-leaues, and stampe them together, and straine them through a cloth, with a quart of white wine: then take a quantity of Ginger, and mingle them all together, and drinke thereof morning and euening a spoonfull nine dayes together.

For the party infected with the Plague.

If it fortune one to be sicke of the Plague before hee hath dronke the foresaid medicine, then take fiue water of Scabious a spoonefull, water of Betony like much, and a quantity of fine Treacle, put it together and drinke it, and it will expell all the venome.

A Medicine to breake the Botch.

If it fortune the Botch to appeare, then take Wramble-leaues, Elder-leaues, Mustard-seed, and stamp them all together, and then take it, and make a plaister, and lay it to the sore and it will draw out the venome.

A Medicine for the plague.

Take three slips of heatbe Grace, and fiue spoonefulls of Vinger, and beate the same together, then straine the iuice out thereof, and put thereunto one ounce of fine Treacle, and one ounce of Sugar, and stir it together, then set it ouer the fire, and make thereof a Sirrope and put it in a box close, then take a Sage leafe, and euery morning fasting, spread as much as a Beane thereof vpon the same Leafe and so eate it. And if hee that taketh it be infected, it will driue it from the heart, and if the party that taketh it euening and morning, be not infected, it will preserue him within 24. houres after.

A plaister to draw the sore.

Take one spoonefull of Hony, the iuyce of Spurge, two spoonefuls and a halfe: of wheaten flower a good quantity and

one ſpooneſull of Turpentine, and temper them together without fire, and make of the ſame a plaiſter, and lay it to the ſore changing it at euery 24. houres.

A good Medicine againſt the Plague approoved.

Amongſt other excellent & approued medicines for the peſtilence, there is none more worthy auailable when the ſore doth appeare, then to take a Cocke, Pullet or Chicken, and let the feathers of the tayle of the higheſt part be plucked off, till the rumpe be bare: then hold the ſaid bare of the Pullet to the ſore and the Pullet will gape and labour for life, and in the end will dye: then haue another Pullet and doe the like to the Patient and if that dye, yet ſtill apply the patient with Pullets ſo long as any do dye: for when the poyſon by the ſaid Chickens be drawne forth, the ſayd Chickens that bee offered thereunto will liue, then the ſore preſently will aſwage, & the party forth with recouereth: this medicine is neceſſary to driue the venome from the heart.

A ſoueraigne drinke againſt the Peſtilence.

Take an ounce of Sorrel water, and as much dragon water, a dragme of treacle, and put thereto a dragme and a halfe of powder Imperiall, and giue it to the patient with Ale within 24 houres after he is infected, and he ſhal with Gods grace eſcape and do well.

A plaiſter to draw a head to the ſore of the Plague and to breake it.

Take two Lilly roots, one handfull of ſowre Dough, two handfull of Mallowes, one handfull of Lin ſeede, ſtampe all theſe together ſmall, and boile them in a quart of the Lees of Wine till it be thicke, then lay it an inch thicke vpon leather, broader then the ſore, and let the borders of the leather be playſtered with Cobblers wax, to make it cleaue: it ſhal bring out the Botch in 12. houres, and breake it ſhortly.

A medicine that was taught King Henry the ſeaventh by his Phyſitian, againſt the Peſtilence.

Take halfe a handfull of Rew, likewiſe of Mandragoras, Featherfew, Sorrell, burnet, and a quantity of the Crops and roots of Dragons, waſh them cleane, and ſeeth them with a

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ſoft fire in running water, from a pottle to a quart, and then ſtraine them together through a cleane cloth, and if it be bitter put thereto a quantity of Sugar-candy, or other Sugar: and if this medicine be vſed before the Purples do ariſe, yée ſhall be whole by Gods grace.

A medicine to be drunke, ſuſpecting any to have the Plague.

Take a great Onyon, and the core being taken out fil the ſame full of good Treacle of Jeane, and wrap the ſame in a paper, & roſte it till it be ſoft, then ſtraine the ſame with a little wine Vineger, and being tempered with a quantity of ſugar giue the Patient to drinke two ſpoonefuls faſting: and if the Patient be infected with the Plague, you ſhall perceiue the appearance thereof, within fiue houres after the receit of the ſame drinke.

Alſo for the vſuall drinke of every patient being ſo infected.

Take Roſemary the quantity of eight or nine Crops: then take of Marigolds being browne within, of Burnet, and of Bourage, euery one a handfull thereof, let them be ſod in a quart of ſtale Ale clarified, then put into it a cruſt of bread, a little whole Mace, and a quantity of ſugar, and let him drink the ſame at al times during his ſickneſſe, and put Pimpernell in his Broth.

Alſo another drinke to be taken every morning for a preſervative againſt the Plague, and for the avoyding of infection.

Take Sauery the quantity of a handfull, and boile the ſame in a quart of good wine vineger, with a ſpoonefull of graines being beaten, & put into the ſame: then drinke the ſame with a quantity of Sugar euery morning faſting.

For the Plague.

Take in the morning faſting one dry Figge, one Walnut, and foure or fiue leaues of Rew, chopped all together, and eat them, and afterward drinke a cup of Wine. If it bee a woman with childe, leaue out the Rew.

A good Medicine againſt the Plague.

Take

Take Betony-water the quantity of three spoonefuls, of good wine Vineger, the quantity of three spoonefuls, and the quantity of Nutmeg of good Treacle of Ieane, or else the quantity of a Hazel Nut of Methridatum being all mixed together, take it in the beginning of the sickenesse.

For the plague.

Take an ounce of leaues of Rew, halfe an ounce of good Figgs, an ounce of Iuniper berries, 2. ounces of Walnuts picked, 4. ounces of Vineger and a good quantity of Saffron, stamp al the aforesaid things together, and reserue them in an earthen pot or glasse fast stopped, that no ayre issue out, then take in the morning vpon a knives point the quantity of a Beane or more, and yee shall be sure by the grace of God not to be infected within 24. houres after.

A Medicine for the plague or Leprosie.

Take Hearbe-grace, Sothern-wood, Mug-wort, Worm-wood, of each a handfull, three or foure handfuls of Iuniper-berries, those which be blacke, cut and shred the hearbes small, and put them into a Flanders Pipkin, and powre thereto foure quarts of good white Wine Vineger, and let them soke seauen nights if the hearbes be dry, if they be greene, let them not soke aboue fourteene houres, then put a handfull or two of those hearbes which bee in the Pipkin into the still, and then take out a quart of the same Vineger, and powre it into the Still vpon the hearbes, and distill it with a pretty soft fire, for too great a fire will waste it away, and so still it vntill you haue stilled all from the Pipkin into the Stillatory, and after this powre it into the Pipkin againe, and put as many new and fresh hearbes, with so many berries as you had before in the Pipkin againe, and so let them soke one other 7. nights, and then still them againe as you did before, and so the third time to be vsed with new hearbes, &c. in the same manner as before, and at the last time put 4. ounces of Methridatum into the Pipkin amongst the hearbes, or else fiue or fiue ounces of Treacle, in the place of the Methridatum for want thereof, and then being stilled as before, put the same into a double glasse, and stoppe it with a piece of leather

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bound about it, and if the party be infected, let him take therof of 4. ounces at one time, and if néede be, you may giue him ſo much for two or three dayes, as you ſée cauſe, and to a woman but two ounces, and to children according to their age, and as they be able to beare it: and ſweate two or three houres, or longer, if the party may endure, and one ſtand by alwayes to wipe their face, leaſt by putting out their hand they take cold &c. when all this is three times ſtilled, it will not amount to aboue three or foure quarts.

An oyle for all manner of aches, bruſes, and ſtrainings of the Sinewes.

Take a pottle of Neates féete oyle, and a quart of an Orgal, a pinte of Aqua vitæ, a pinte of Roſe-water, Bay-leaues, Roſemary ſtripped from the ſtalkes, Straw-berry leaues, rootes & ſtrings of Lauender cotten, of euery of theſe a handfull, beate them ſmall, and put them into the foreſaid ſtuffe, and ſeeth it ouer a fire of coales, in a pan of two gallons, and at your owne perill, let not the flame touch the ſtuffe: let it ſéeth very wel, and then take it off, and let it ſtand vntil it be almoſt cold, then ſtraine it through a courſe linnen cloth, but not the bottome of the ſaid liquor, then put it in a glaſſe, and ſo kéepe it, and when you are pained, anoynt your grieſe withal.

For an ache.

Take Aqua compoſita, and the Oyle of Neates féete lukewarme, and anoynt the Patient vpon the place of the grieſe, laying warme clothes thereon.

A Medicine for an ache, or ſhrinking of the ſinewes.

Take the tenderings of Roſemary, & Marſh Mallows, by as euen portions as you can geſſe, gather your hearbes when they be dry from raine and dew: pound them in a Morter very ſmall, then take May Butter well clarified, and put it to the hearbes, and mingle it in a veſſel, and let it ſtand foure dayes, then ſet it ouer the fire, & let it ſéethe till the ſtrength of the hearbes be gon, then take a little of it in a ſpoone, and let it drop vpon the naile, and if it be gréene as the Emerald, it is perfect: and then put it in an earthen pot, and when you will occupie it, you muſt warme it.

A Medicine for an Ache.

Take Parsly, and Mogwe-wood, of each a handfull, & séeth them in a quart of Ale, with a quantity of swéet Butter, and wash well the place therewith that akes, and also bind the hearbes to the place, as hot as you may suffer it.

An approved Medicine for Aches.

Stampe Smallage and put it into Aqua vitæ, and straine it, then put thereto Bores grease, and straine them well together, and anoint the patient before the fire therewith euening and morning.

A Medicine for an Ache in any place.

Take Sow-thistle, Chickweed, Elder-leaues, Groundsell, two Cleuers, of each a handfull, dry all these together betwéen two tiles, and lay these hearbes to the place where the griefe is, let the hearbes be washed before they be dryed.

A Medicine for aking sores.

Take iuyce of Smallage, of Sorrell, of Mayhed, of each of them like much, take Hony, and the white of an Egge, of either like much, and mingle them together till it thicken, let it come nére no fire, but all raw and cold lay it to the sore.

For Aches and swellings in the knees.

Take a quart of Malmesey, and an handfull of Time, boyle them together, and when it is halfe boyled, put in a good péece of swéet Butter, and let them bolle together from a quart to a pint: when you goe to bed, bathe your knees well therewith, & wet a cloth three or foure times double therein, and lay it to your knées as hot as you can suffer all night, and vse this five or seaven times, and it will doubtlesse helpe you.

For a Sciatica or Ache.

Take oyle of Neates-feet, and Aqua composita, and moynt the same place where the pain is, then take wool newly plucked from the shéepes backe, and lay thereon, and wrap it well.

A Plaister for an Ache.

Take as much stone pitch, to the quantity of a Tennis ball, and a spoonfull of Tar, & a penny worth of treacle and Rosin, to the quantity of a tennis Ball, & a spoonefull of Hony, bolle

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it ouer the fire in a Kettle, and stir it all together till it be well melted, then take a new sheepes skinne, and make holes in it with a bodkin, and spread the Medicine on the fleshy side of the skinne, and lay it to the Ache as hot as you may.

For an Ague.

Take Burre-roots and red Nettle-crops: and seeth them in stale Ale, & clarifie it, and giue the sicke thereof to drinke about such time as the cold beginneth to come, and after the heate be past. When you see that he beginneth to sweate, giue him to drinke Poset Ale made with Marigold and Fennell, and see the poset Ale be well clarified: vse this medicine, for it will take away the Ague within three or foure fits at the vttermost.

A Medicine against the hot Feaver.

Take a handfull of bay-leaues, a handfull and more of red Sage, and seeth the same in a pottle of stale Ale, to a quart, and the same being strained, let the patient being in bed, drinke thereof a good draught, being warmed with a little Sugar, an houre before his fit come.

A good medicine for an ague be it quotidian or quartane.

Take of Smallage, and of Feathersew, of either of them the quantity of a handfull, stampe them and straine them, & then take so much as the iuyce of the same is, of smal Ale, and being mixt together, drinke it warme a little before the time that the fit should come: that is to say, when you perceiue any grudging: this must be drunke three seuerall times, the Patient going to bed, and clothes ynow layd vpon him.

A Medicine for an ague.

Take Nettles, Cob-webs, and Salt, and beate them in a Wodden dish, and lay it to the left arme of the sicke, & it will take away the heate of the Ague.

For the Ague.

Take Salt, and yelkes of Egs, and bay-salt, & pepper and mingle them together, and lay it to both wrests, and it will take away the ague.

For your drinke in your Ague.

For your drinke, take ale, and not strong, & vse it luk-warme.

Drinke and Pottage in an ague.

Make your Pottage and Posset Ale, & Almond milke, with these hearbes following, that is to say, Sinckfoile, Succory, Buglosse, Endiue, Borage, Sorrel, Lettice, and Fenel-roots, and Parsely-rootes, great Raysus and Prunes.

A Medicine for the drought in an Ague.

Take a quantity of Borage, a quantity of Sorrell, a certaine of Violet-leaues, a certaine of strawberry-leaues, sæthe them in a pottle of faire running water, to a quart, then straine the hearbes, then take Almonds, and blanch them, beate them and straine them with the said water, and put Sugar therein and drinke it warme.

A Medicine for the quartane Ague, and for the drought.

Take a pottle of good red Wine, and a pottle of new Milke of a Cow of one colour, take two or thræe good handfuls of Mouse-eare cleane picked and washed, strip it into the Milke and Wine, and temper them together, & let them stand so one night: and put them in a faire Still, and still them with a soft fire, and take the water and put it in a faire Glasse, & set it in the Sunne foure or fiue dayes, and let the sicke when he dyeth in his Ague, drink thereof thræe or foure times, and he shal be rid of his Ague, and this drinke shall queuch his drought.

A Medicine against the Quartane.

Take shell Snailes two handfuls, Bay salt, Mallowes of each a hand full, beate them together, and lay it to the soles of your fæt, before the quartane fit doth come.

A Medicine for a cold in a Feaver.

Take Camomile and Wormewood, and sæthe them in a quart of Ale, till halfe be consumed, and giue it the Patient first and last.

A medicine against the hot Feaver.

Take a pottle of stale Ale, and a bottoms of a stale white Leafe, and a handfull of Sinckfoile a handfull of Camomile, Treacle & Vinegar, of each a spoonefull, a few whole Maces, Sugar-Candy, as much as they list, & sæthe these until halfe be consumed, and straine it from the hearbes, and giue it to the

Patient

Patient to drinke, and none other drinke during his heat, and as much thereof as he will, and it helpeth.

For the Ague.

Take two or three Cloues of Garlick, and bruſe them, & a penny-worth of Aqua vitæ, halfe a pint of Ale, ſæth them together, & drinke it a little before the fit come, as hot as you may.

Againſt the corrupt ayre.

Take Betony, Centory, Egrimony, of each a handfull, and ſtampe them & ſtraine them with Ale, and with a Lycoris ſticke bruſed, and then boyle it, and clariſie it, and make it pleaſant with Sugar, & drinke thereof euery morning blood-warme three ſpoonefuls three or foure dayes.

To make a man have an appetite to his meat.

Sæthe Centory in faire cleane water, and let the ſicke drinke thereof euery morning blood-warme three ſpoonfuls, three or foure dayes.

To make a man have an appetite to his meate.

Sæthe Centory in faire cleane water, and let the ſicke drinke it luke-warme faſting three daies, each day nine ſpoonfuls, and he ſhall be whole, for this purifieth the ſtomack and breſt alſo.

A good comfortable powder to diſgeſt well, and many other good properties.

Take Pellatory of Spaine, Centory, Annis, Lycoris, grains of Paradiſe, Ginger, Sinamon, of each like much beaten, and ſearced into fine powder, and drinke thereof morning & euening halfe a ſpoonefull in Wine or in Ale.

To make Ipocras for a weake ſtomack.

Take a pint of Aqua vitæ, and put it in a glaſſe: then take 2. ounces of Sinamon and an ounce of Ginger, two pennyworth of Cloues, two pennyworth of Graines, one of Nutmegs, and beate them al together to groſſe powder, and put them all into the glaſſe to the Aqua vitæ, and ſhake it euery day often, nine dayes together: and then drinke it in Wine or Ale, halfe a ſpoonefull, or a quarter with halfe a pint of Ale.

A Medicine to cleanſe the Back, and purge the Reines.

Take one Fennell rote, and two Parſly rotes, and picke out the pithes of them, and take thereto one handfull of Pella-

story of the wall, and al these being washed cleane, seeth in posset Ale, and drinke thereof when you goe to bed, and if you wake at midnight, drinke you also.

A Medicine for the paine in the back, and for the heate in the backe.

Take Rose water, and put thereto Saunders, and Roseleaues, and lay them in steepe in your Rose-water one whole night, then wash your backe with the same, and it will take away the heate, and greatly comfort the Reines.

For paine in the Backe.

Take Sage, Rosemary, Cammomile, and Mauelin, of each of them a handfull, then stampe them together, and fry them in May butter: and anoint your back with it warme.

A Medicine for the Reines of the backe.

Take halfe an ounce of turpentine of Uenice, and let it be well washed in plantine water, or Rose water, and then mixe it with fine white Sugar, and make thereof foure or fiue bals, which you must eat, three in a morning fasting, and dayly drinke a little white wine, or Renish Wine immediately after.

To drive out a paine or griping in the belly.

Take Sothernwood, and lay it against the place of the contrary side where the torment is and it will driue it out, & if it be layd to the Nauell it will driue away the paine.

For the biting of any venomous beast.

Take Plantine and drinke the iuyce thereof, and take plantine and Salendine, of each likemuch, stampe them & temper them with stale pisse, and lay it to the sore, and it will asswage the swelling and draw out the venome.

A Medicine for the biting of a mad dog.

Take a good handfull of Betony, and a handfull of Wilde Sage, a handfull of Night shade, & faire running water a pint, the hearbs being stamped & strained therewith, and put therto a pennieworth of treacle, and giue it to the patient to drink two or three mornings.

A Medicine to stop bleeding.

Take Centory, grene Rew, and red Fennell, and stampe

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and ſtraine them, and drinke them warmed.

A Medicine to ſtop bleeding.

Take Burſa paſtoris, Plantine and Iſop, of each of them like much, and bruſe them in a Morter, and warme them as hot as you can againſt the fire, and lay them to the noſe of him that bleedeth, and binde ſome of the hearbes to his temples as hot as he can ſuffer them.

Another Medicine for the ſame.

Take an old cleane linnen cloth, and wet it well in Wineger, then burne it to powder, then take the powder therof, & if it be a wound caſt it therein, and it will ſtop the bleeding immediatly, but if the noſe bleede, then ſnuffe vp the ſoreſaide powder into thy noſe, and it will ſtint bleeding.

Another for the ſame.

Take a Toade, and dry him in the ſunne very dry, then put him in a linnen bag, and hang him about your Necke with a ſtring, ſo low that it may touch your breſt on the left ſide nere vnto your heart, and commonly it ſtayeth all kinde of bleeding at the mouth, noſe, or wound.

Another to ſtop blood.

If your noſe doe bleede vnmeaſureable, then tye your little finger very hard about the lower ioynt, and for the moſt part it faileth not, but ſtayeth the ſame.

For ſpetting of blood.

Take the iuyce of Betony, and temper it with Goates Whey, and giue the Patient to drinke three dayes.

For the ſame.

Take Smallage and Mints, Rew and Betony, and ſeethe them well in good Whey, and ſup it warme.

To ſtench blood at the noſe.

Take Betony, ſtamp it with a little ſalt, as much as thou maieſt take vp with thy two fingers, and put it in thy noſe.

To ſtench blood.

Take linnen cloth and burne it, and take the powder and put it in another cloth, and ſo lay it to the wound. Alſo take an Hearb that is called Peruincle, & hold it betweene thy teeth, and thou ſhalt not bleed while thou holdeſt it there.

Good

Good for the Braines.

To smell the sauour of Husks, Camomile, to drinke wine measurable, or to eate Sage, but not much, to kéepe the head warme, often washing of your hands, measurable walking, measurable sléeping, to heare little noyse of Woodcocke or Singers, to eate Mustard, Pepper, the sauour of red Roses, and to wash your temples with Rose-water.

Ill for the Braine.

All manner of Braines, Gluttony, Drunkennes, late Suppers, to sléepe much after meate, corrupt ayres, anger, heauines of minde, to stand much bare-headed, to eate too much or hastily, too much heate, too much watching, too much cold Pike, Cheese, all manner of Nuts, much bathing, Onions, Garlicke, and great noyse, or to smell a white Rose.

For stopping in the breath.

Take Rew and séeth it in Eisell, and so drinke it: drinke Nettle-séed brayed, and it shall void grauell of the Stone in the Kidnes of the Backe.

For a stinking breath.

Take the séed of Coriander, and boile it in white Rimney or Sacke, and thereof drinke thrée spoonefuls in the morning, and as much at euening, but that you drinke in the morning, must be cold, and the other hot, but you must vse to take no excess of meates, nor drinkes, nor sit vp late, but rise vp early.

A Medicine for a bruse in the Leg or Arme or else-where.

Take water-Cresses, and wash them cleane, and séeth them in faire water till they be soft, then beate them smal in a Morter, and put them in a cleane Pan, and put thereunto sweet suet of a Hart, Buck, or Shéep, and put thereunto the Lées of Wine and Wheat Bran, and fry all together, and make a plaister thereof, and lay it warme to the sore place, and so lay thrée or foure plaisters, as néede shall require.

Another plaister for the bruse, or sore unriped.

Take Otemeale groates, and séethe them in sweete Cow milke vntill they be as thicke as Pap, and put it into a Pan, with a quantity of Shéepes tallow, and boyle them wel, and stirre them well, & then make a plaister thereof, and lay it to

the

the grieſe as you can ſuffer it.

For a bruſe or a ſtraine.

Take the grounds of Ale or Beere, and wheate bran, and Chickweed, and lay it to the greeſe three or foure times a day vpon a red cloath, and not too thin.

For all bruſes and aches in the bones.

Take a good quantity of Mallowes, and a certaine of balm and ſmallage, and ſtamps them well, then take a pound of May Butter, and temper them together, then make them in round bals, and let them lye eight dayes after, and then ſtamp it againe, then fry it, and ſtraine it, and ſo put it in an earthen pot, and this will helpe the bruſe, though it be very blacke.

A Medicine for burning, ſcalding, or burnt with an Hand-Gun.

Take ten or twelue Egges, as you will make the quantity of your Oyle and let them be as new as you can get, lay them in the fire, & roſt them as hard as you can, then take the yolks, and chop them as ſmall as you can, and put them in a earthen pot and ſet it ouer the fire, and take a ſticke and ſtir it, and let it boyle vntill you ſee it conſumed in a manner to nothing, then take it from the fire, and ſet it in the ayre a quarter of an houre or more, and there will come an Oyle thereof then take a feather, and anoint the grieſe with the ſame Oyle, and take Harts tongue-leaues, and lay them vpon the grieſe, and that will gather the ſkin, then you may binde a cloth to it.

Another Medicine for the ſame.

Take the dung of Geeſe of one nights making, and freſh Butter vnſalted, or elſe clarified Sheepe-ſewet, and fry them in a frying pan a good time or ſeaſon, vntill your ſewet be almoſt conſumed, then put them in a cleane courſe linnen cloth and ſtraine them into a ſmall veſſell, then take a feather, and dip it in the liquor, and anoint the burned place or ſcalded, and when you haue ſo done, wet a fine linnen cloth in the liquor, and couer the ſore withall: and do this twice or thrice a day, and by Gods grace it ſhall helpe you.

For burning or ſcalding.

Take Maiden-wort, ſtampe it and ſeeth it in freſh Butter, and ſtraine it and anoint the Patient.

To take away a heat and burning with Gunpowder.

Take a good quantity of Houſleke, ſtampe it & wring out the iuice, take the white of fiue Egs, and beate them in a diſh till they be thin, and then take off the ſkinne, and put the reſt together, and waſh the ſores with a linnen cloth, and lay the cloth aloft vpon the ſore wet.

A Medicine for burning or ſcalding.

Take blacke Sope, or gray Sope, and lay it immediately to your ſore.

For burning or ſcalding.

Take a good handfull of Auens, and as much of Shéepes dung, and ſo fry them in May-butter, and ſtraine it and anoint the place with the ſame cold, twice a day, but anoint it firſt with gray and black Sope, and it will helpe, the ointment muſt be ſpred vpon a ſtaren cloth if you can get it.

To make an ointment for burning with Gunpowder or ſcalding with water.

Take a handfull of Barroes greace, and two handfuls of Groundſell, and two or three handfuls of Morſe [illegible], ſtamp the hearbes together, then put to it new ſheepes dung two handfuls, of Goſedung two handfuls and ſtampe them together, and being hot, ſtraine them through a cloth into an earthen pot, and with the liquor anoint the burned place.

An oyntment for burning.

Take Plantine, Whay-bread Dezy, and greene barke of Elder, and grinde Goſe-dung and oyle of Oliue ſtampe them together, and wring them through a cloth, and bath the place that is hurt with a feather.

For burning or Scalding in what place ſoever.

Take the white of an Egge, and put it in a Pewter diſh, & then labour it with an Allum ſtone, till it be like a poſſet curd: then take a fine piece of linnen, and wet it in oyle Oliue, or in ſome other oyle, then lay the ſame cloth vpon the ſore, and aboue it lay the ſoreſaid curd made of the white of an Egge, and that ſhall draw out the fire and heale the ſore.

For

For the burning or ſcalding.

Take foure Egges and roſte them, and take out the yolks & fry them in a pan ſoftly vpon the embers, til they be black, and thereof will come an oyle, the which ſaue and put into a Gally pot, and vſe it when you haue néed.

A Medicine for a burning for lacke of other things.

Take the Berries of Elder trée, and lay them to the ſore and it helpeth.

Another Medicine for the ſame.

Take Oyle Oliue, & beate it with water till it ware very white, and anoint the places.

For a burning with fire.

Take blacke Uerniſh, and all to anoint the place with a feather, and it will ſtay the heate, and heale it as faire as euer did medicine, and ſo vſe it til you be whole.

For a Canker in a womans paps.

Take Goſe dung, and Hallendine, and bray them well together, and lay them to the ſore pap, & it will cleanſe the Canker, and kill the Wormes, and heale the ſore.

For the Canker in the mouth.

Take the iuice of Plantine, vineger, and water of Roſes, and waſh thy mouth withall many times.

A receit to ſtill a Cock.

Take a red Cock of thrée or foure yeares old, and kill him and dreſſe him faire and cut him in foure quarters, bruiſe the quarters, and picke out the fat of them, then take halfe a handfull of red Mints, & a handfull of Harts-tongue, put them in the pot cloſe, with halfe a pint of Malmſie, ſixe crops of hiſope a roots of Parſly, a roote of Fennell, a roote of Endiue, twenty Damaſke Prunes, twenty Raiſins of the Sun, foure Maces and let it ſtill twelue houres, and let the pot bee couered with paſte, with a platter vnder it, and let the Patient drinke it euery morning next his heart.

A Medicine for the Collick.

Firſt take a handfull of Roſemary, as much of time, and as much of Hyſope, one ounce of Cloues & Mace, and ſéeth it in a pottle of white Wine, and let it ſéeth til it be conſumed to a

quart, then put therein a little Sugar, and drinke thereof luke warme, when you feele your selfe pained, and when it is sodden, as before is mentioned, you must burne it as you burne other Wine.

For the Collike in the side.

Take a small wooden dish, and put therein first cold ashes; then lay upon them hot Embers, without great coles, & thereupon strew a great quantity of Cummin-seed, and sprinkle it with Malmesey, and so do till the dish bee filled: then cover the dish with a faire linnen cloth double, and lay it so hot as you can to your side where the Collicke lyeth, and use this two or three times, and it will helpe you. And for lacke of Cummin-seed, take red Sage, Camomile, Hysope, Time, Penyroyall, all of like quantity, and use it as the Cummin-seed before.

A Medicine for the Stone.

Take Pellitory that groweth on the wall, ground Iuie, Saxifrage, Parsly, Auens, Mallowes, and red-Nettles, Pepper Chernall, and Mouse-eare, and boyle all these herbes, of every of them a like quantity in Whay, & clarifie the Whay with the white of an Egge, and drinke a draught thereof at any time fasting.

Another for the same.

Take halfe a penny worth of Parsly-seed, as much of redish seed, being well dressed & brused, and seeth them all in a pinte of white Wastard to halfe a pint, and then drinke it milke warme.

Another to breake the Stone.

Take Hawthorne flowers, or for lacke of flowers, take Haines, and distil them, the flowers in May, and the Berries when they be ripe: take of this water three spoonefulls, and three spoonefuls of Malmsey, and a quantity of Ginger, and drinke it warme.

A Medicine not onely to breake the Stone, but also clearely to purge you thereof, if you do use this same dayly.

Take the Roses of a Hip-tree, & picked Holly-leaues, and dry them in an Oven, & beate them seuerally into dry powder

then

then put them together being first seared, and of like quantity then put thereto the powder of Grommell seed, and Bromseed, of each a like quantity, doing but halfe so many in quantity as the powder aforesaid: & they being mixt al together, vse dayly a good spoonefull of the said powder in a draught of Ale, Beare, white Wine, or Renish Wine, euening and morning: and besides that, you may vse the same powder in Broths and Pottages, the oftner the better: haue alwayes in store a good quantity of the said powder: you must keepe the same alwaies dry, in a pipkin by the fire side, or otherwise.

Another for the same.

Take parsly, distill it, and vse to drinke the water in white Wine, or in good Ale, and it will destroy the Stone, Collicke, Strangury, and other passions in man or woman.

A medicine for the Collike and the Stitch.

Take the grounds of Malmesey, Shéepes tallow, Ribwort, red Sage, and Alisanders, séeth all these together, and make a plaister thereof and lay it to the griefe, and annoint you with Oyle Oliue, and Oyle of Balme mixed together.

For the Collike and Stone.

Take Pellitory, Dasel Lékes, and Mallowes, of each a like quantity, stamp them, & put thereto a penniworth of Neates Oyle, fry them well together in maner of a plaister, put them into a bag of linnen cloth, and being very hot, lay it to thy belly and it helpeth within an houre.

And for the Stone, lay the same to the reines of the Backe behind, and it helpeth with spéed.

For the Collicke and Stone.

Take halfe a pound of Time, as much Parsly roots, and blades, halfe a pound of Alisander roots, and séeth them all together in a pottle of Ale, vntill it consume to a quart, and so drinke it fasting.

For the Stone and for him that cannot Pisse.

Take a quantity of Time, Parsly, crops of Fennel, Smallage, Alisanders, of like quantity, fiue or sixe cloues of garlike stamps them together, and straine them with white Wine or Ale, and drinke thereof first and last, warmed,

A ſpeciall Medicine prooved for the Stone, Collick, Dropſie, Strangurie, and Jaunders.

Take of Cány halfe an ounce: Ginger, annis ſæd, Licorice Maces, Nettle-ſæds, Jette, Saffron, of each two peny wight Fennel-ſæd, and Spickenard, of each one penny weight, and three penny weight of Sinamon, make all theſe in powder, and drinke thereof halfe a ſpooneful at once in poſſet ale, or in Pottage.

For the Collicke paſſion.

Take annis-ſeeds, Fennel-ſeeds, & carraway-ſeeds of euery of them halfe an ounce, Ginger, Galingale and Sinamon, of euery of them two dragmes: Cloues, Maces and Cardam, of euery of them halfe a dragme, Setwall, foure dragmes, ſugar eight ounces, make them all together in powder.

For the ſtone in ſtopping of the water.

Take a pint of white Wine, and therewith make a poſſet, then take all the curd away, and put into the Poſſet Ale, two penny weight of the ſcraping of white Sope, and boile it, then drinke it as hot as you can.

For the Collicke and the Stone, prooved.

Take Parſly-ſeeds, Drome-ſeeds, Crommel-ſeeds, Fennell-ſeeds, annis-ſeeds, Plantine-ſeeds, & Smallage-ſeeds, of euery of them a quarter of an ounce, & of Nutmegs, halfe an ounce, of Sugar fryed foure ounces, & beate them altogether in a Morter, vntill they be very fine, then ſearce the powder through a ſearcet, and vſe to drinke this powder euening and morning, three dayes in a weeke, with Wine or other drink luke-warme, and take of this powder at a time, the quantity of a great Hazel Nut: and if the paine be great, take of the oyle of Scorpions, with oyle of Roſes, and anoint your ſide where the paine is, againſt the fire.

To purge the bladder of him that cannot piſſe.

Take Fennell, and the rootes of Alleſanders, Parſly, the rootes and leaues of Harts-tongue, Maiden-haire, and ſeeth them in white Wine, and giue it the patient to drinke, and it will purge the Bladder in ſhort time.

For the ſame.

Take

Take, Rew and Grommell, and Parsly, stampe them together, and temper them with white wine, and give it the sick to drinke warme.

For him that cannot well pisse.

Take a flint stone, and lay it into the fire vntill it be red hot, and therewith warme your Ale, and then drinke thereof.

To provoke urine, and against the stone.

Take three quarts of Ale, warme it wel, let it be skimmed thrice, then put to it a handfull of Time, & a handfull of Rosemary, and a handfull of Pennt-royall, & let them seeth together till one quarter be consumed, or more, then straine the hearbs from the Ale, and drinke a draught of the Ale, first and last warme.

To make one pisse.

Tak a quarter of a handfull of Parsely, as much red Fenel wash and shred them small, and put them in a cup of stale Ale, and make a posset therewith, and drinke the ale, & it helpeth.

For a man that pisseth blood.

Take Imbros a handfull, Bursa pastoris as much Parsly-seed as much, stampe them all together, and give the sicke to drinke thereof in Goats milke.

To provoke urine.

Take a handfull of red Nettle-rootes, and seeth them in a quart of good Ale, till it be consumed to a pint and put thereto halfe a dish of Butter, and let it be cleane skimmed before the Butter be put in, and seeth it in Allesander seeds, Parsely seeds Grommell seeds, beaten in fine powder. and straine them through a fine cloth, as much of the one as the other, and drinke thereof fasting and last.

For the same.

Take a quantity of blacke Hope, and English saffron, and temper them together cold, and lay it cold vpon your nauell, being spred vpon a broad paper, or red leather, & then lay vpon it a linnen cloth often or twelue folds, hote, and roule you with a towell, and so lie downe vpon your bed warme, and it will make you pisse within an houre.

A drinke for a windy Collicke

Take a quart of Malmsie, and two spoonefuls of the pith

of Parsly-roots, and a handfull of Violet-leaues, & five Bay-leaues, seeth all these together vnto a pint, and drinke it morning and euening warme.

To take away Cornes.

Take Marigolds stamped, and lay it vpon the sore, euening and morning and it profiteth. Or else pare your Corne, and lay thereto Turpentine and red Wax boyled together, and make a playster thereof, and it helpeth.

To doe away a Corne.

Take and cut away the Corne, and drop into it a drop or two of a blacke Snaile, & put thereto the powder of Sandiser and it will do it away.

For the same.

Pare away your Corne as neere as you can, and put into the hole vnslackt Lime as much as a Fitch, and couer it with a plaister of Ware and Rozen, and let it lie 24. houres.

To make a water against a consumption.

Take a quart of Rose-water, as much of womans milke milke of Goates, of Mares, or of Cowes milke put vnto them thirty yolkes of Eggs well mingled together, and thereof distill a water, whereof giue the patient to drinke warme first and last, with a Cake of Manus Christi, made with Gold and Pearles.

For a consumption of the Reines.

Take Clary-leaues, and picke them, and fry them with two or three yolkes of Eggs, and put thereunto Saffron dryed vpon a stone, and grinde it small, and put all together, and fry them in fresh butter, and eate it warme next your heart.

To make a Gelly for one that is in a Consumption.

Take a Legge of Veale, and cut away the fat, and a Capon or Cock new killed, and scald him, and wash him cleane, and let the Capon and the veale lie in water the space of three houres, and seeth them on the fire, with two pottles of faire water, scum it cleane. and as the fat riseth, take it off, and so let it seeth, till halfe the broth be consumed, then put in a pottle of rackt Renish Wine if you haue it, or else a pottle of white wine, & let it seethe altogether, vntil it be consumed to a quart,

clarifie

clarifie it with three or foure whites of Eges, and let it runne through a gelly bay, and then set it on the fire againe, and put in one pound of Sugar, and one ounce of Synamon grosse beaten, and then let it runne through a gelly bagge three or foure times and after let the patient drinke thereof warme.

For an extreame Cough.

Take Fennel rootes cleane washed, Annis-séeds, and a little Licorice, and seeth them altogether in white Wine, and take the white Wine, and drinke a good draught thereof when you goe to bed, and the next morning take a Figge and a Date, and roste them, and eate them somewhat hot, and neither eate nor drinke in two or three houres after, and in two or three times drinking it shall helpe you.

For the Cough.

Take eight penny weight of fine Ginger, and sixteene peny weight of the powder of Elicampans rootes, and one ounce of the powder of Licorice, and two ounces of the powder of Annis-séeds. and three ounces of Sugar-Candy, mingle all these together, and vse to eate it when you will at all times in the day, and you shall finde ease therein, for this is well proued.

For the Cough, and to dry up the rheume and flegame.

Take a handfull of Sage, a handfull of Bay salt dried at the fire, a handfull of Cummin, a penny worth of Cloues, and another of Maces, and beate all these and mingle them together, and put them into a linnen bagge the length and breadth of a mans hand, and quilt it, and vse it hot upon the mould of the head til you be eased: warme it morning and euening, and lay it to your mould againe.

For the Cough of the Lungs.

Take a pottle of running water, twenty Figges, a quarterne of the best Sugar, a good quantity of Licorice & Annis-séeds, a peny-worth of Maiden-haire, a handfull of great Raisins the stones picked out, and boyle them vnto a quart, and so warme a little in a stone crusse and drinke thereof.

For the Cough.

Take Hysope, Horehound, Sugar, and water, boile them altogether, till it come to a thinne Sirrope, and so vse to

thereof euening and morning, and all other times when you thinke good.

For the Cough.

Take a pint of Hyſope-water, and halfe a pint of Roſe-water, and a good quantity of Licorice bruſed, a great ſpoonfull of Annis-ſeeds, halfe a pound of white Sugar-candy: let all theſe boile together, till it come to cleare Sirrope, then put it in a faire glaſſe ſtrained, and take the Sirrope at all times of the day or night, when you liſt.

For the Cough.

Take a toſſe of bred, and make it hot, and put on ſweet Sallet Oyle on both ſides of it, and eate it euery morning and euening, and it will helpe you.

For the ſame.

Take Barrowes or Bores-greace, three or foure cloues of Garlike, and ſtampe them together, and warme and anoint thy feete therewith at thy going to bed, and ſo keepe them hot with a toſted trencher and warme cloathes, and you ſhall recouer.

For the chin Cough in Children.

Take Bores-greaſe, and warme the ſoles of their feete at the fire, and chafe them with the aforeſaid Bores-greace, and let them go to bed, and keepe them warme, and lay cloathes to their feete.

For the Cough, and the wheeſing.

Take a pound of Sugar-Candy ſomewhat finely beaten, halfe a pound of Licorice ſearced, and halfe a pound of Annis-ſeeds, ſearced, and an ounce of the powder of Ginger, an ounce of Elicompane-roots made into powder, and mingle theſe together, and take of the ſame powder halfe a ſpoonefull at a time when you goe to bed, and when you riſe in the morning.

For the Cough.

Take Hyſop, Licorice, Hore hound, a little of the rootes of Elicompane, great Raiſins, Figges cut in ſmall pieces and Annis-ſeeds: boile all theſe in water, then ſtraine out the water, and drinke it euery morning faſting.

For the Cough and for ſtopping at the breſt, and to open the pipes, and ſo to avoid much corruption.

Take the roote of Elicompane, and a roote of Radiſh, and ſhred them thin, and Peare-wardens, twice ſo much as of both the others, then put all together into a new earthen pot, then put thereunto clarified Hony till it ouer-flow the ſaid ingredients: then cover the pot, and paſte it that no breath come out and ſet it into an Ouen, and let it bake with a batch of bread and giue the ſicke thereof, a ſpooneful at morning and another at night.

Maſter Bakers Medicine for the Cough of the Lungs.

Take three pints of running water, halfe a pound of Nightingale-ſugar, with nine Figgs, and halfe a ſpoonefull of Anniſ-ſeedes, bruſed, a handfull of Raiſins of the Sun, cleane waſhed, hauing the ſtones picked out, a peny worth of maiden haire: let all theſe boile together till the one halfe and more be boiled away, and then ſtraine the ſame through a fine cloth, and euery morning drinke two ſpooneſuls of it luke-warme, and you ſhall finde preſent remedy.

For the Crampe.

Take Holly-oyle, oyle of Violets, and of Swines-greace, of each like much: and make an ointment and anoint the place.

An excellent ſalve for a cut.

Take two handfuls of bugle which groweth moſt commonly in woods, and as much Valerian: bruſe them very ſmall, then take a quantity of Veriuice wet, halfe ſo much vnwrought Wine, ſo much of theſe two as the hearbs may be boiled therein, then ſet it on the fire, and when it is halfe boiled, put in a quantity of the beſt Turpentine that you can get, then let it boile till it be enough, and all the while ſtirre it well: when it is boiled enough, ſtraine it through a cloth into a veſſel and ſo keepe it.

For a new cut that will not leave bleeding.

Take the blades of vnſet Lakes, and ſtamp them, and thereunto Hony and Wheate flower, and ſtir them

gether vntill they be thick: Let it come to no fire, but all cold lay it to the wound and it will stench the bléeding, draw out the brused blood, and make it cleane.

For the deafenesse in a mans head.

Take a quart of Malmsey, a penny worth of cummin, and eight Betony leaues that groweth on the land: then boyle all these together till the one halfe of the Malmsey be consumed: then take the pot that you boile your Medicine in, assoone as the hearbes be boiled, and couer it with a funnell, and binde it close about the verge, that the breath come not out, then put a quill in the other end of the funnell, then put the patient eare thereunto, so that the breath may goe close into his head, first y one, and then the other, and whilst the beast is dyning in the one eare, you must stop the other with blacke wooll, and you must haue hot cloathes to kéepe in the heat on the other side of the head while the medicine worketh: then serue the other eare likewise. You must vse it three times in a day, that is to say, in the morning, at noone and at night, and so you must continue the space of three dayes, and three nights. See that the patient come not into any open ayre the space aforesaid: and you must put to your Malmsey a quarter of a pint of clere running water.

A good Medicine for deafenesse, used by Thomas Stevens of Bushton.

Take Bay-berries, Bay-leaues, Betony, and Sticards, of each of them one handfull, séethe them in white Wine to the halfe, and for an old man in malmesey: then put it into a vessel that hath a narrow mouth, and hold your eare ouer it being vnstopped, so that you may suffer it, being neither too hot nor too cold: then take oyle of bitter Almonds, and let drop therof two or three drops in your eare, and alwayes haue a locke of fine blacke wooll that groweth betwéene the Shéepes legs, to stop close your eare therewith: wherein if you put a little vnske it will be the better.

A soueraigne Medicine for the paine and buzzing in the head, which hindreth the hearing very much.

Take

Take one cloue of Garliche, pil it, and pricke three or foure holes in the middeſt, and dip it in fine Engliſh Hony, and put it into your eare, & put a little blacke wool after, and lie vpon your other eare each night, and ſo let it continue in your eare for the ſpace of ſeauen or eight dayes, & it will expulſe the humors at your noſe, expell the paine, and reſtore the hearing.

For the paine in the eare.

Take two handfuls of Sage, one handfull of Hyſope, and halfe a handfull of Roſe mary, put theſe into a little pillow boiled in Roſe Vineger, Aqua vitæ, and Roſe-water, and lay it to your eare as hot as you can ſuffer it.

An oyntment for a ſwelling.

Take a good quantity of Smallage and Mallowes, and put thereto two pound of Hogs-greace, one pound of Butter, and a quantity of Neates-foot oyle, ſtamps them well together, and fry them, and ſtraine them into an earthen veſſell.

To make a drinke for an extreame heate or drought.

Take a pottle of faire water, a handfull of Succory, a handfull of Endiue, a handfull of Violet-leaues, a handfull of Burrage, halfe a handfull of Lettice, two Fennell rots, two Parſely rots, put them all in your pottle of water, and let them ſeeth from a pottle to a quart, then take it off, and put a little Sugar to it, and let it haue two wallops more, then drinke of it when you thinke good.

To make a diet drinke.

First buy a diet pot and fill it full of Conduit water, lacking a quart: then put to the water a quart of white Wine, and ſet it ouer a ſoft fire of coles, then put thereto a pound of Licoras ſcraped and cut in ſmall pieces: halfe a pound of annis ſeeds bruſed halfe a pound of *Lignum vitæ*, bought at the turners, and an ounce of the barke of the ſame, which you may haue at the Apothecaries, then let all theſe boyle together an houre and a halfe, ſo that one part of the liquor be boiled away, then take and ſtraine it into a faire veſſell, and keepe it cloſe and drinke thereof firſt and laſt a pretty draught warme.

A water for the eyes.

Take kindely Roch Allome white, a ſmal[l]

Roſe-water, and the iuice of red-Fennel, and the white of an Egge well beaten, & take off the ſcum of the Egge, and beate them together, then ſtraine it through a fine cloth, then dip your finger in the water, and let it drop in your eye.

Good for the ſight.

All this is good for the ſight: red Roſes Veruaine Rowes, Fennel, Salendine, Pimpernel, Oculus Chriſti, to waſh your eyes with cléere water, or to look vpon gréene colours, meaſurable ſléepe, to looke in a faire glaſſe, oft waſhing of your hands and féet, and it maketh your meat digeſt well.

Ill for the eye ſight.

To ſtudy after meat, Garlike, Onions, Léekes, Lettice, to ſodaine going after meate, Wines, hot or cold aire, drunkenneſſe, gluttony, Milke, Cheſe much beholding of bright things, and as euil red things as white much ſléepe after meat too much walking after meat, & too much letting blood, Cole wort, fire, duſt, too much wéeping, and ouermuch watching.

A ſpeciall good water for the eyes.

Take a new layd Egge, and roſt it hard, cut the ſhell in the middeſt, & take out the yolke, and put in a piece of white Coperas whereas the yolke lay, and binde the Egge together againe, and let it lye in the fire till the Coperas be diſſolued in water: then take the white out of the Egge, and cut it in ſmal pieces, and let it ſtand a while, then ſtraine it through a fine cloth, and kéepe it in a cloſe glaſſe and drop the eye euery morning and euening.

To kill the pin and the webbe in the eye.

Take a quantity of three leaued graſſe, as much red-Fennel, as much red-Sage, as much Dazies, the white of an Egge beaten, and the froth taken away, halfe a ſpoonefull of Hony ſtampe all the hearbs together, & then take the iuice thereof, and put thereunto the white of the Egge, and the Hony, and then ſtir them together, and drop the ſame into the eye of the patient: then take a plaſter of Flax tow, and dip it in the ſaid [illegible] and lay it vpon the eye of the ſaid patient, and binde [illegible] remaine ſo an houre at euery time of dreſſing.

An

Another for the ſame.

Take the leaues, of Salendine, and ſtampe them and ſtraine them: then put one drop of the iuice thereof in the eie and it will helpe by Gods grace.

For the webbe in the eye if it be old.

Take the red Pimpernell and Euphraſia, and ſtamp them in a Mortar: and then, fry them with Capons greaſe in a cleane pan: then wring it through a cloth into a veſſel of braſſe and let it ſtand therein three daies after: put it in a bore of horne or tinne, and take thereof and put it into the webbe of the eye: This Medicine is ſouerayne.

A good Medicine for the eyes, being either Pearle or Webbe.

Take three leaues of Dazies, and Pouch-wort, alias Burſa Paſtoris, and the Cheſt-lops, alias Wood-liffe: ſtampe them together and ſtraine them in a little good Ale: drinke of the ſame three ſeuerall mornings, two houres before you riſe, and you ſhall finde eaſe. Notwithſtanding your eyes will be ſore, then waſh your eyes with cleare running water: than drink of your drinke two mornings againe: and you ſhall be whole and finde greate eaſe by Gods grace.

A water comfortable for the eyes.

Take the iuice of Euphraſia, or elſe water made of it: for it is the beſt hearbe that can be for the eyes, what way ſoeuer you can take it.

For ſore eyes.

Take roſten Apples and diſtill them: and with the water thereof waſh your eyes, and it will purge and cleanſe them, and cleare your ſight.

For the ſame.

Take Coperas & lay it in running water and ſtraine it: and when you goe to bed, ſtrike the bees of your eyes with the ſame water, and let it drop into your eyes.

A water very good for the eye ſight.

Take Roſe-leaues, a great handfull of red-Fennell Veruaine as much: Rew a handfull: Sallendin[illegible] and diſtill them together, and you ſhall haue a g[illegible]

comfortable for your eyes.

A drinke for the eye-sight.

Take a quantity of Iuie that growth vpon the Ashe, a quantity of the roses and leaues of Daisies in the field, also a quantity of Fennell, and a quantity of three-leaued grasse: all these being washed cleane, stamp them and straine them with a pint of stale Ale: and drinke thereof euening and morning, or at midnight for a season.

A perfect water for the eye-sight.

Take Sage Fennell Verueine, Betony, Euphrasia, or Eye bright, Pimperuell Stinckfoile, and Herb-grace, & lay all these in white wine all night: and then distil them in a stillatory or glasse, &c. This water is speciall good.

For the Emrods, and to dryup any sore.

Take the broad Nemphane leafe, commonly called Canel-leaues, which grow in the waters: wash them cleane, put them in a paper, and fry them in the Embers, and apply them as hot as may be suffered, and make them in powder, and cast them into the sore, and it helpeth.

For the same.

Take red Worts, and seeth them in a pot: then take the pot and set it under a close chaire, and sit ouer it, and lap warme clothes about the chaire, that no ayre may goe out, and so sit ouer it till it be cold, and then anoint the members with the liquor.

For the same.

Take a plate of Lead, and rub thereon a quantity of horses-grease, for a man, and Swines-grease for a woman, and wash it with white Wine, and anoynt the Emrodes.

A Medicine for a red and high coloured face.

Take Vine-leaues, Strawberries and Creame, and put two penny-worth of Campyre vnto it: then put it in a stillatory with the aforesaid leaues and distill it: and take the water thereof, and wash your face therewith morning and euening a certaine space, and it will take away the high colour

Another for the ſame.

Take Cowcumbers, & pare them cleane, and cut them in ſlices, and diſtill them, and with the water that commeth of them, waſh your face daily, three or foure times in the day: if you haue none of the water, then take the Cowcumber it ſelfe and pare it and rub your face therewith.

A Medicine to deſtroy heate in the face, or in any other place, though it be St. Anthonies fire.

Take a quart of Smiths water a handful of Sage, a handfull of Elder leaues, or of the greene barke, a penny worth of Allmon and ſeeth them altogether from a quart to a pint, then put in an earthen pot and anoint the patient.

For the pimples in the face.

Take wheat-flower mingled with Vineger and Hony and lay it vpon them, and it will cleanſe them.

Good for a Fellon.

Take Sage, Rew, Snailes, Bay-ſalt and Bacon and beat them together, and then lay it to the Fellon, and it ſhall helpe you.

For the ſame.

Take Hearb grace, March, and white worts, ruſty Bacon, a little Butter, a houſe Snaile, mingle them together, and make thereof a plaiſter.

A Medicine for Biles, Fellons, and vncomes.

Take Wheate-flower, Bores-greace, Bay Butter, and Sage, and ſtamp it together, and make a plaiſter thereof, and lay it to the Bile, or Fellon, and it will both ripe it and draw it, and if it be fryed it will worke the better.

To ripe Biles, Fellons, and Vncomes.

Take a pint of ſweet Milke, and ſet it ouer the fire, and put therevnto a quantity of ſhéepes Sewit, ſmall ſhred, & a handfull or two of Wheate fine beaten, and let all theſe ſeeth till it way very thick, ſo that ye may ſpread it vpon a faire linnen cloth, and lay it as warme as you can ſuffer to the ſore, and it will quickly ripe it, and breake it without great pa[in] then when it is broken, lay a little Turpentine vpon a [pi]ece of white leather pricked full of holes, and it will [dra]we

beale it.

A gargresse for sleagme.

Take a quantity of Endive-water, and as much Honysuckle-water, a good spoonefull of pure Mallard, a spooneful of Hony, two spoonefuls of vineger, and a little powder of Pepper, two or three branches of Rose-mary, and the leaues of Sage, and put all these together, and beate them vpon a Chasingdish of coles luke-warme, and let the patient put a spoonefull at once in his mouth, and hold his head vpwards, and wash his throat therewith, and it shall make him void much sleagme, let him take thereof as oft as he shall thinke good.

To breake the sleagme, and for the Cough.

Take a pint of Isop-water stilled, one quart of good muscadine, three or foure good races of eale ginger, pare them clene and cut them in slices, and twice so much Licorice, and pare it likewise, one good handfull of Sugar Candy, grosse bruised, put all these premises together in a glasse, & shake them together, and stop it close, and let it stand foure and twenty houres, then drinke thereof at your pleasure.

To breake sleagme.

Take Butter without salt, and Hony, of each a like quantity, and a few bitter Almonds, blaunch them and beate them fine, and eate a little euery day.

For the same.

Take Smallage, and seeth it in Vineger, then take the vineger and wash your brest withall, and then take the Smallage and put it in a cloth, and binde it to your stomacke three houres.

For the same.

Take Sorrell and stampe it, and straine it, then take the iuice and temper it with old Ale, and drinke a good quantity in the morning before you rise out of your bed: then take a sleepe after, and you shall deliuer sleagme wonderfull to see for the quantity.

A Medicine for the Flixe, or Laxe.

Take Egges, and rosse them hard, and take the yolkes of them, straine them with red Wine, and put thereunto

Sinamon

Sinamon, then seth them together, and drinke it as hot as you may suffer it.

For the same.

Take wheat-flower, and the yolkes of Eggs, with the iuice of Plantine, and make a Cake of it, and bake it in an Ouen, and eate it as hot as you can, and drinke thereto Red Wine or Respice all hot, or else the iuice of Plantine, for it will bind him.

A Caudle for the bloody Flixe.

Take a pint of Red Wine, and the yolkes of fiue new layd Egges, a good quantity of Sinamon, and a little Sugar, the pill of a Pomegranat dryed and beaten to fine powder a good quantity, and boile all these in a faire platter vpon a Chasing-dish of coles, till it be some what thicke, then let the Patient eate of it morning & euening, and as oft else in the day as his stomacke will serue him thereto, and it shall stop him, be the Flixe neuer so great.

A singular medicine for the bloody Flixe.

Take as much fine cloth as will make a suppository, being wrapped round together bottom wise, then wet the same in the best Aqua vitæ, or Aqua composita, and let the parties grieued conuey the same into their Fundament, and it will helpe them God willing within three or foure dressings: this is proued, and hath holpen many that haue bene brought very low, and iudged past cure.

Another for the same.

Take a piece of Allmon, as much as a Walnut, put it in a pint of new Milke, and set that on the fire till the Milke turne to a curd, then take of the curd as you doe the Posset Ale, then take the liquor that remaineth, and put vnto it a quantity of the powder of the pill of a Pomegranat, and Sinamon fine beaten, & let them drinke it, and it will stop them, and if they eate of the curd, they shall be stayed the sooner.

For the bloody Flixe.

Take Almonds skinnes, and all, and stampe them small, and take the water of hoked Barly sodden, and make ther Milke and put therein skins and scorches of Pome

being stamped to powder, with a little Sugar, and so eate the same euery morning and euening, and put gads of steele that haue beene made red hot in the fire into their drinke.

To stop the bloody Flix.

Take a quart of Beanes dried ouer the fire so that ye may make powder of them, then bruse them in a morter very smal and boult them, and take a quart of good ale, and a quantity of flower, and so seeth them both together, and let the patient eate thereof at night as hot as may be suffered.

For the bloody Flix.

Take a pint of running water, and a pint of warme Milke as it commeth from the Cow, and put them together, then put fiue or sixe flint stones in the fire, and when they be red hot quench them in that liquor, then put them in the fire againe, and quench them againe three or foure times therein, till the liquor be halfe consumed, & let the party drinke of it warme.

A Medicine for the falling of the fundament.

Take red Nettles bray them well, and put them in an earthen pot and put thereunto a good portion of white Wine and seeth it till the halfe bee wasted, and giue it the sicke to drinke first and last alwayes warme, and lay the hearbs to the Fundament as hot as he can suffer it.

A plaister to heale a gowty Legge, a wound or sore whatsoever.

Take a handfull of Mallow leaues, and another of Groundsell, put them in a posnet with faire water, and let them boile till they be sodden so tender that you may make a plaister of them, then put the liquor from the hearbs, and straine them through a strainer vp in a platter, and set the plater vpon a Chafingdish of coles, then put thereunto a quantity of Deares Sewet, or Shéepes Sewet clarified, & vnwrought ware, Sallet Oyle, Turpentine, and Rozin let al these boile vpon a Chafingdish of coles, vntill they be thick: then straine al the said stuffe through a linnen cloth into a vessell that you will kéepe your salue in, and so let it stand vntill it be cold, then [illegible] the same being spread vpon a cloth, and you shall finde [illegible] Gods grace, and helpe.

A plaiſter for the Gowt or Ache in the joynts, wherwith the Lord *Rich* was cured, when all Chirurgians thought him to be uncurable.

Take halfe a pound of vnwrought Wax, halfe a pound of Rozin, an ounce of Olibanum, a quarter of a pound of fine litarge of gold, three quarters of a pound of white lead, beaten to powder, and ſearce it through a Hearcer, and take a pint of oyle of Neates fate, and ſet it on the fire in a ſmall Veſſell with the Wax and Rozin, and when it is molten then put there to the other powders, and ſtirre it faſt with a ſticke, and then put a little of it vpon a pewter ſawcer, and if it be hard being ſo tryed on the pewter ſawcer, then take it from the fire, and anoynt a faire bowle with ſome of your oyle of Neats-fat and as you may handle it for heat, worke it as it were cozyers wax and make it in great roles, & make plaſters of it with a chafingdiſh of coles, and ſpread it thin vpon a linnen cloth or leather, and lay the plaſter warme where the paine is, and ſo renew it morning and euening vntill you be whole, or till the Ache be driuen into ſome other ioynt, and then take the plaiſter, and lay where the Ache is, and beware of the cold, and hot Wines.

A Medicine for the Gowt.

Take foure handfuls of Wall-wort, and one handfull of Horehound, and bray them in a Morter, and put their iuice to one pint of Swines-greaſe, & boile them on the fire the ſpace of halfe an houre, then ſtraine it faire: for it is good for all cold Gowts in the armes, legges, or fate, and for all griefes in the bones that come of cold.

A drinke for the Gowt feſtered.

Take a quantity of Archangell, Bettony, Verain of each like much, and boile them in Wine, and let the ſicke perſon drinke thereof firſt and laſt, and it helpeth.

A plaiſter for the ſame.

Take a ſawcer full of the iuice of Smallage, another of Worme-wood, Hony, ſalt, and vineger, and mingle them wel together, and doe thereto a quantity of Rie-flower, ſtirth

fast together, and boile them, and make a plaister on a cloth, and lay it to the sore, vse the drinke a fore said, and the plaister and it will helpe by Gods grace.

Good for the heart.

Saffron, Burrage, Muske, Cloues, Galingall, Nutmegs, the red Rose, Violets, Sugar, Mares best of all.

Ill for the heart.

Beanes, Pease, Leekes, Garlike, Onions, sadnesse, anger, dread, too much trauell, to drinke cold water after trauell, & euill tidings.

A Medicine for the passion at the heart, called Tremor cordis.

Take the powder of Burrage flower, the powder of Nutmegs, white Amber likewise in powder, the bone in a Stags heart, the powder of Cinamon, all these powders drink luke warme with Beere, Ale, or Wine, euening & morning, and the party grieued shall find ease. These things must be prepostered by good aduice.

A Medicine for a continuall head-ache.

Take Betony water, and take a cloth three or foure double, and but three fingers broad, wet it well in the Betony-water and lay it to your forehead cold, let the cloth being wet come round about the head, and tie it fast, and three or foure times thus doing, it will helpe thee, and when the cloth is dried, wet it againe.

A Medicine to clense or purge the head.

Take Pellitory of Spaine, and chew the roote in your mouth three dayes at times, and it shall dos away the Ache, and fasten the teeth in the gummes.

A Medicine for the paine in the head.

Take a Rose-cake, cut it in length and breadth of the forehead, then take Rose-water and vineger of like quantity, as hot as you may suffer it, and lay it to the forehead.

A Medicine for the wind in the head.

Take a handfull of flowers of Camomile, and halfe a handfull of powder of Cummin, and mingle them together: and make two bagges of the breadth of your eares

and

and lay them there vnto.

For the head Ache.

Take the iuice of Rew, and put it into the nose-thrills, for it getteth out the fleagme, and clenseth the braine, the hearbe sodden in wine doth the same.

For the Megrime or head Ache.

Take foure or fiue Nutmegs, and pare and slice them as you would pare and slice Ginger thin, then make two little bagges of linnen cloth, of the length of your finger, and put in the Nutmegs, then take a quantity of pure red Rose-water and lay your bagges in the same water in a dish vpon a Chasingdish of coles, and make them hot; and lay them to the temples of your head.

A Medicine for the Megrime truly proued.

Take halfe an ounce of Pepper, two Nutmegs, halfe a quarter of an ounce of graines, one pint of Vineger, and a handful of rose-mary, and boile al together betwixt two platters vpon a Chasingdish of coles, and then take a cloth, and put it ouer your head, and hold your head close ouer it till it be boiled well-neere all away, and by Gods grace it helpeth.

For the Megrime.

Take fiue-leaued grasse, & Mozel that is called S. mary hearbe, euen portions of these two, and Betony as much as of both the other, and beate all these in a Mozter, and take the iuice of them, and put to the same iuice as much May-butter as the quantity of the iuice, and thereof make an ointment, and anoint therewith the patients browes when hee goeth to bed.

Another for the same.

Take Bole Armonick, Sanguis Draconis, and Terra sigillat, of each like quantity, and beat them in powder, then to make a plaister, take flax and lay it vpon a russet paper as broad as you will haue your plaister, and take the cleare of an Egge, and lay it vpon the flax, and then take the foresaid powder, and cast it on that side of the plaister that shall lye next your head: and put one folde of russet paper, or else of linnen betweene your head and the Medicine, or else it will

cleaue

cleane very sore to the haire of your head, and this Medicine is well proued.

A good Medicine for the Megrime in the head.

Take leather vnallomed, so broad as your sore head, and in length from Temple to temple, rase the same leather, but not through, thereupon lay the oyle of the white of an Egge, then take of the Apothecaris Senguis Draconis beaten into powder and scatter the same vppon the oyle thinly, and this done, lay it vpon the sore-head, not taking it away till it be ready to fall away of it selfe.

A Medicine for the blacke Jaundis.

Take Wheate straw and lay it abroad vpon a faire floore, in a close house, and put in Geese, and watch when they dung and take it vp whole, and with a knife scrape off the white that is about the dung, till you haue a quantity thereof, then drie it in an Ouen, and make powder thereof, and drinke it morning and euening in Ale, warmed, and that will cure both the blacke and yellow Jaundis.

Another Medicine for the Blacke Jaundis.

Take the hearbe Ambros, Betony, Mugwort, of each of them a handfull, of Centory halfe a handfull, & three or foure Dock-rootes, cleane washed and scraped, and stampe al these together in a morter till they be indifferent small beaten, then take Spicknell, Turmericke, and Galligarie, of each of them like quantity, and stampe them likewise in a morter, then put the hearbes in a cleane linnen cloth by themselues and the spices by themselues, and tie them fast with strings, and hang them in a gallon or two of Ale when it is new and ready to be tunned, after three or foure dayes drinke euery morning next your heart a good draught thereof, and drink nor eate nothing two or three houres after, and do so likewise when you goe to bed, and no doubt by Gods grace it will helpe you.

For the blacke Jaundis M. *Anthony Cox* prisoner.

Take the gall of a Rauen, and drie it, and grate it into powder: take a quantity in a spoone, and temper the same with Bayy or Ale together, and drinke it fasting in the morning.

A Medi-

A Medicine for the yellow Jaundis.

Take a handfull of red Nettle crops, & seeth them in a pint of Ale, and drink the same being strained, three or foure daies together.

Another for the same.

Take hard Spanish Sope, a little stale Ale, in a cup, and rub the Sope against the cup bottome, till the Ale bee white, and saue it in Iuory, and let the patient drinke thereof first and last till it be whole.

For the same.

Take Salendine leaues, and put them into your hosen next your feet.

A Medicine for the yellow Iaundis.

Take a bigge Apple, and cut the top, so as it may couer the Apple againe, and take the core, and put into it some sweet Butter, and a good deale of Turmericke, and a good quantity of English Saffron, and roste it very tender, and let the sicke person eate of it three or foure mornings together, or more if neede be.

For the same.

Take a quart of white Wine, a great handfull of Salendine leaues, and boile them to a pint, but in Winter take the roles, and drinke thereof morning and euening warme.

For the yellow.

Take Bay-salt, Dates, and Cummin, and dry all these, and make two bags thereof, and as hot a may be suffered, lay the one after the other to the pole or crowne of the head, and so vse it a good while.

For the same.

Take sharpe leauen and Bay-salt, upon it cold, and put it to the yellow and it will helpe.

A very good Medicine for an itch.

Take Dock-roots, and beate them, bruse them and fry them with fresh Butter, and anoint the patient with the salue, and in fiue or sixe times dressing, it will helpe you.

To make one seeme young long, to purge the winde and cleare the sight.

Make powder of Fennell, Annis, and Elicompane, & temper them with Aqua vitæ, and dry them againe, and take a quantity thereof morning and euening.

To make a Whay Laxative.

Take a pint & a halfe of clarified Whay, halfe an ounce of Sæny, a groats worth of Annis sæds, halfe a handful, of hops Burrage, Buglas, of each halfe a handfull; and a little Fumitory, and sath all these in clarified Whay, vntill it be halfe consumed, and drinke it two mornings.

A good Plaister for the festred legges that have beene long sore.

Take March, and wild Tansie, Plantine, and the great Morell, Hony, and the white of an Egge, and milke of a Cow that is of one colour, and barly flower, and thicken all these together, and bray the hearbes in a Morter, and after that mingle the rest with the hearbes.

For the stopping in the Liver.

Take the broth of a Chicken, of mercury and Succory halfe a handfull, and a few great Raisins, and picke out the stones, and let al these boyle together: then take a few bitter almonds and blanch them, and beate them, and with the same liquor make Almond milke, & so vse to drinke it every morning first.

Another for the same.

Take Madder roots, boyle them in halfe a pint of Ale, and let it sæth to a draught, and let him drinke it in the morning fasting: twice in a wéeke.

For the same.

Take Turpentine of Venice, to the quantity of a Beane and put it in a spoone, and hold it ouer the fire till it melt, then put thereto a little white Sugar, & let him eate it euery day fasting.

For heat in the liver, and dryneſſe in the hands.

Take a quantity of Strawbery water stilled, sæth therein a quantity of Liuerwoort, and drinke it with as much Sirrope of Mints.

For the heat in the Liver.

Take Saunders, and good strong vineger, and heat them hote,

hote, then take the scarlet in graine, and dip in the same, and so lay it to the spoone of your brest, on the right side.

For the Plurisie.

Take Brookelime, Sheepsewet, & a little faire water and fry them together in a frying pan, & make thereof a plaister, and lay it to the Patients side, and it will draw out the corruption.

For the Plurisie or Stich.

Take Aqua vitæ, and Capons grease, boyle them together, and dip therein blacke wooll, & lay it hot to the stomacke, and it will ease the stich.

For the Lungs.

Take the Lungs of a Fox, and dry it to powder, and put a quarter of a spoonefull into a little Almond milke, or broth, and eate it, and it is very good to preserue the Lungs.

For the pricking of a thorne, or needle in a joynt, if the hole be stopped againe.

Take fine boulted flower of Wheate, and temper it with white wine, and boyle it together untill it be thicke, and lay it on the sore as hote as you may suffer it, and that shall open the hole, and draw out the venome or filth, and ease the aking, and heale and close it up againe: & for lacke of white wine ye may take Ale or Beere: and this medicine is good to heale a Byle, Whitlow or vncome.

An easie Purgation.

Take a pint of white Wine, and one ounce of Sena & a good handfull of raisins of the Sunne, the stones being taken out, and halfe a spoonefull of Annis-seedes: put all these into the said white Wine a whole night, and the next morning boyle it to a draught, & so let the person drink it luke-warme and if you will, you may put thereunto three or foure roofes of Polipodie of the Oke.

An easie Purgation.

Take two pound of Figges, and put them in a gallon of fine wood of Barly Malt, put thereunto two ounces of the powder of Licorice, an ounce of Sugar, when the Figges are boyled, bray them small in a Morter, & draw them through a

cratner, and let it boyle againe, and cast thereto a pint of the best Oyle Olive, when it is well cooled: an ounce of Raisins or Currants, and eate this with light bread.

A plaister to be layd to the same side that the melt is in.

Take a good quantity of new wheat-branne, as much Anis-seeds, & beat them small in a morter, then in a pan mingle them with Vinegar upon the fire, till it be like a plaister, then put it in a linnen bag of two handfuls long and one handfull broad, and make it thin and warme, lay it to the side where the melt is, and role it fast, and in the morning take it away, and then wash the side with his owne water, & drinke againe, use this order foure nights.

For the Morphew.

Take and drinke Elder-water nine dayes three spoonfuls, and every day looke that yée sweate, then take three or foure Oke apples, and lay them in white vineger foure and twenty houres, and then wash the body with vineger, and it helpeth.

Another for the Morphew.

Take the iuice of Salendine, and mingle it with the powder of Brimstone, and lay it where the Morphew is, all cold.

For the Morphew white, or blacke.

Take Betony Harts-tongue, Sage, Plantine, red Fennel water-Cresses, of every of them one handfull, of beard Benet halfe a handfull of leaues, of Veruaine an ounce: and distill these, and drinke every day fasting foure spoonefuls thereof, and walke an houre after upon it.

To clense the mouth, and to fasten the teeth.

Take Sage & Woodbine-leaues, of each a handfull, a good spoonefull of Hony, a péece of Allum as big as a good Walnut boyle all these together in a quart of running water a pinte, and wash the mouth with this water luke-warme three or foure times in the day.

To destroy a Ring-worme.

Take red Docke-rote, and let the rote be pared, and when it is pared, lay it in vineger, till it be well steeped, and then rub it well upon the Ring-worme: and if it be very ranke, take the

powder

powder of Brimstone, and lay it in the vineger: and temper them well together, and then rubbe well the Ring-worme withall, and it shall destroy it.

A Medicine to kill a Tetter, Ring-worme; or any kinde of Itch.

Take sallet Oyle and Salt tempered together, and being lukewarme, anoynt the sore therewith.

A restority which divers Noble-men have used, and hath preserved their life.

They take a pound of Cap Dates, cleane picked, and the stones taken out, & caused them to be sodden in a pint of muscadine, till the wine were somewhat consumed, and kept it in a glasse, and thereof did put in their pottage three or foure spoonefuls at once when they did eate any broth every meale.

To heale the vessell wherein Nature lyeth if it be broken.

Take the huskes of ladies, or Acornes dryed, & beaten to powder, take a spoonefull, & drinke it in the morning with a little warme Ale, and lye in your bed an houre or two after.

For the Palsie.

Take a handfull of Sage, a handfull of Sotherne-wood, a handfull of Spike, a handfull of Lauender, a gallon of running water, and boyle all these together, till it come to a pint and a halfe, then straine it and put it out into a stone Cruse, and take every time thereof foure or five spoonefuls in a sawcer lukewarme, and gargle it in your mouth to and fro, & after spit it out; and in like manner put foure or five spoonefuls in a sawcer lukewarme, and so chafe that part of the body which is pained with the Palsie with a spunge dipped in the said water.

Another for the same.

Take powder of Pepper & powder of Pellitory of Spain, and powder of Iuie of each an ounce, and powder of Sage, two ounces and vse this powder in thy pottage.

For lameneſſe in the side comming by Palsie.

Make a bath of sage & Hisope, & boile a great quantity of them together, in running water, & bath the side which is sore with it, and bind the hearbs to it so hot as you can suffer it.

A Medicine very good for thoſe that be taken with the Palſie though not the ſhaking Palſie.

Take the blood of a Foxe warme, as it commeth from the Foxe, the blood about the heart is beſt, but all the reſt is good: and with this blood all to chafe the place that is taken, and then take the ſkinne of that Foxe and put the raw ſide néere where the Palſie is: and it muſt lie to it at the leaſt twelue houres: and in the meane time til you can get the Foxe, chafe the nummed place with Oyle of Oliue, or Aqua compoſita: this medicine of the Foxe is ſpeciall good for the Palſie, and hath béen well proued.

For the Palſie that taketh away the ſpeech.

Take Sage-leaues, & Primroſe-leaues; and if it be winter vſe primroſe-roots, then beat the Sage & the primroſe-leaues together, each like much ſtraine it with Ale, then giue the Patient to drinke a good quantity. This is well proued.

For the ſame.

Take Sage and dry it betwéene two warme tyles, and lay it to the nape of your neck, and binde it to the wriſts of both the armes: then take a Nutmeg, and ſlice it thinne, and lay one ſlice about the tongue, and another vnder the tongue, & ſo vſe it as often as you thinke good, and by the grace of God it ſhall do much good, the neck, and the wriſt muſt be anointed with Oyle of Spike, or the water of Spike.

A Medicine for the Palſie.

Take Lauender, Spike, and Sage, and diſtill them, and drinke thereof a good quantity euery morning, being warme either in Ale or otherwiſe: take alſo Sage and Wettany, and put them betwéene two diſhes vpon a Chafingdiſh of coales, and ſprinkle them with good Malmſie, and ſo apply them warme to the nape of your neck, and the wriſts of your hands.

A Medicine, for the Palſie.

Take the beards of the heads of vnſet Lékes, and waſh them cleane: take a quantitie of running water, and ſet the them therein till they be ſomewhat tender, then dry them wet in a linnen cloth, ſtamp them as ſmal as you can, then take a

good

good péece of freſh butter, boyle them therein, vpon a Chafing-diſh of coles, and put in a good quantity of Engliſh Saffron, and boyle them together, and when it is well boyled, ſtraine it through a faire cloth into a glaſſe, and kéepe it, and when you will occupie it, make a plaiſter thereof vpon a linnen cloth, and lay it cold to the griefe.

To ſtench the bleeding of the Piles.

Drinke the iuice of Wilfoile, for that is proued: alſo doe thereunto the powder of burnt Garlike, & the Piles ſhall die.

To deſtroy the Piles.

Take Dyle of Roſes, and Frankincenſe and Hony, and make an ointment of them, & put it in with thy finger, into thy fundament: and put thereunto Mirrhe, and often anoynt the fundament therewith, and let the breath thereof goe vp into thy Fundament.

A true Medicine for the Piles.

Take blacke woll, and blacke ſope, and binde it thereto.

To make a ſalve to bring wounds that rankle and ake into their owne kind and eaſe the burning and aking.

Take the iuice of Smallage and Plantine, like much, take Hony and the white of an Egge, like much, and put to them boulted flower of wheate, and ſtir them well together vntill they be thicke, and let it come néere no fire, but all cold, and raw: lay it to the ſore, and it ſhall cleanſe the wound, and eaſe the aking, and bring it to his kind, and heale the wound faire: This is a principall ſalue.

For a wound that is over-healed and ſore underneath.

Take barly meale, the white of an Egge, and Hony, and mingle them together, and make a plaiſter thereof, and apply it to the ſore, and it helpeth.

A plaiſter for a greene wound.

Take flower and milke, and ſéeth them altogether till it be thicke, then take the white of an Egge, and beate them together, and lay it to the wound, and it will kéepe it from rankling.

To

To make Mollonitret to cure any greene wound or Vncome, or others; whatſoever they be.

First, take two pound of Rozin halfe a pound of ware, halfe a pound of Frankincenſe, a quarter of a pound of Shéepes ſewet clarified, put them into a faire pan, then take a pottle of the iuice of Yillonet, boyle theſe aforeſaid ſtuffes with a ſoft fire, till they be moulten, and ſtir them a pretty while, then put thereunto the iuice of your Yillonet, and ſtir them till they be cold, and let them ſtand a day or two, then melt it againe with a ſoft fire: and when it is moulten, put thereunto a pint of red Wine, and ſtirre it till it be cold, that you may worke it with your hand make it in roles.

A water to cure all manner of wounds and ſores, be they neuer ſo ſore and ſtinking, and all manner of cankers in the noſe, mouth, throte, or whereſoeuer.

Take a handfull of red Sage, a handfull of Salendine, & as much of Woodbine flowers with the leaues: take a gallon of running Water, and put the hearbes in it & let them boile to a pottle, then ſtraine them through a ſtrayner, and take the liquor and ſet ouer the fire againe: then put thereto a pinte of English-hony, a good handfull of Roch allom finely beaten, a penny-worth of graines groſely bruſed, and let them boile all together three or foure walmes, & then let the ſcum be taken off with a feather, and when it is cold put it in an earthen pot or bottle, ſo as it may be kept cloſe: & for a greene wound take of the thinneſt of the ſame water, and for an old ſore, of the thickeſt, the water being firſt well ſhaken together, and after that you haue cleanſed the old ſore with white Wine, take a quantity of fine lint, and the ſame being well wet in the ſaid Water, do you therewith oftentimes bathe your ſaid wound, and with the ſaid lint in the end couer the wound, and if there be any holes in the ſaid wound, fill them with Lint made tent wiſe, and ſo after couer the whole wound with a peece of a bladder, the more better to continne your lint in moyſture: dreſſe your wound twice a day, in the morning and in the euening, and it helpeth.

A Medicine or drinke for him that is burſt in the belly or codes.

Take a knuckle of Veale, a pottle of white wine, halfe an ounce of Mace, halfe ſo many Dates, halfe a pound of raiſins of the Sunne, a handfull of Cumfry, a handfull of Polipodium, alias Ferne of an Oke, a handfull of Sparoking alias Knotwort, take all theſe, and put them in an earthen pot, and ſet on a Kettle of water fiue gallons, and ſet the earthen pot in the water, and ſtop it with paſte very cloſe, and let the Kettle be kept ſeething fiue or ſixe houres with the earthen pot therein, and keepe the Kettle ſtill full with other ſeething water: then take all theſe and beat them in a Mozter, and ſtraine it, and giue the patient of the liquor thereof both firſt and laſt.

For the Tooth ache.

Take a pinte of white wine, halfe a handfull of Lauender cotten, and ſeeth them together till the wine be halfe ſpent, then put into it halfe a ſpoonefull of bay-ſalt, then let it ſeeth a little, then take a ſpoonefull of the liquor, & put it in that ſide which the paine is in, and keepe it in thy mouth, and then put another ſpoonefull in, ſo one after another, and it will help thée.

A good drinke to put out the ſmall Pox or Pimples.

Make a Poſſet of Ale with milke, and the curd being taken off, take red fennell the quantity of a ſpoonefull, and the ſame being ſod together with the Ale, ſtraine it, and put thereto the quantity of a Nutmeg, of fine Treacle, a quantity of ſet wall, and a quantity of Engliſh Saffron, being well mingled together, and giue it the patient to drinke warme.

A preſent remedy for an Ague.

Take two ounces of Bay-ſalt, as much of white Frankincenſe, and a handfull of ſmallage beaten all together, and lay it to the wriſts of your hands, & to the boughts of your armes two houres before the fit doe come: prooued.

For the ſame.

Take two or three Cloues of Garlike, and bruiſe them, and a penyworth of Aqua vitæ, halfe a pint of Ale, and ſeeth them together, and drinke it a little before the courſe or fit

bee come, as hot as you may.

For the Collick.

Take Grommell-séed, Parsly-séeds, and Annis-séeds of each two spoonefals, greene Fennel one handfull, one Parsly-roote one Radish-roote, of each as long as a finger, vnset Time one handfull, one handfull of Philopendula, & a handfull of Cherry-stones, wash all these and bruise them and stamp them very small; boile all these in two quarts of white Wine, in an earthen pot close, till a pint be consumed, then let it run through a linnen cloth of it selfe, without straining, and drinke it morning and euening.

For the windie Collicke.

Take a quart of Ale clarified two spoonefuls of the flower of Licorice, one spoonefull of the flower of Annis-séeds, halfe a spoonefull of bruised Fennel-séeds, a little Time & séeth them together till a pint of Ale be consumed, and so drinke it first and last.

For the Collicke and stone.

Take a hand full of Annis, a handfull of Pellitory of the wall, as much of Camomell as will lie in the palme of your hand, and a spoonefull of Parsly-séede bruised a little, make a Posset of Kentish wine, take the curd, and boile all these together in the drinke till the substance bee boiled out, then vse it morning and euening.

For a paine in the side that commeth of winde.

Take a handfull of Cummin séed, another of Annis-séed, and two of Rew, and séeth all these together in running water from a pottle to a quart, put to it halfe a pint of white vineger before it be cold, dip a spunge in it, and wring out the liquor somewhat, and lay it to the Patients side as hot as you can suffer it, and when it beginneth to wax cold, take a new.

To remoove a disease from the stomacke.

Drinke a quantity of Dragon water, or water imperiall mingled with Treacle or Methridatum.

For them that doe cast up their meate, by reason of weakenesse of the stomacke.

Take the nether crust of Browne-bread, drie it well and leisurely

leiſurely at the fire, then ſteepe it in ſtrong Wineger a little while, take it out and and ſpread vpon it the powder of cloues warme it againe, and tie it about the mouth of the ſtomacke, and the vomit ſhall ceaſe.

A drinke for cleanſing the ſtomacke, and to be taken luke-warme in the morning.

Take Iſope, Roſemary, and Time, of each two crops, and put them in a pint of Ale, with a good quantity of Sugar, and let them boile while the ſtrength is in them, then drink thereof two houres before meat.

A drinke to avoid the fleagme out of the ſtomacke, to make it eaſier to come up: you may take of it a ſpoonefull or two, continually when you need.

Take eight ſpoonefuls of Roſe water, foure ſpoonefuls of Conduit water, and two ſpoonefuls of white Wineger, halfe a quarter of white Sugar, boile all theſe in a porringer vpon a Chafingdiſh of coales, and ſcum it cleane, and then drinke it luke-warme.

A remedy againſt the Plague, ſent to the Lord Mayor of London, from King Henry the eight.

Take a handfull of Sage a handfull of Heard-grace, a handfull of Elder-leaues, a handful of red Bramble leaues, ſtamp them all and ſtraine them through a fine cloth with a quart of white wine, then take a quantity of ginger and mingle them together, and ſo take a ſpoonefull of the ſame and you ſhall be ſafe for foure and twenty dayes, and ſo being nine times taken ſhall be ſufficient for all the whole yeare by the grace of God, and if it be ſo that the party be ſtricken with the plague before he hath drunke of this Medicine, then take the water of Scabious a ſpoonefull, and water of Betony a ſpoonefull, and a quantity of fine Treacle, and put them all together and cauſe him to drinke it, and it ſhall put out the venome. If it fortune the Botch to appeare, then take the leaues of Brambles, Elder-leaues, Muſtard-ſeede, and ſtampe them all together and make a plaiſter thereof, and lay it to the ſore, and it ſhall draw out the venome, and the party ſhall be whole by the grace of God.

To cauſe one for to ſleepe.

Take a ſpoonefull of pure Roſe-water, as much of vineger, two ſpoonefuls of the Oyle of Roſes, halfe a handfull of Roſe-leaues made in powder, mingle them altogether, and take crummes of leauened bread made of wheat, and make a plaſter thereof, and lay it ouer the forehead and temples.

For a ſore throate.

Take Collumbines, and Sinkfoile, and ſtampe them both together, and ſtraine them with Milke, and drinke it very warme.

For the Hickop.

Take Oyle of Lillies, and anoint the ſicke mans body ſundry times.

For a Canker in the mouth.

Take flower-deluce root, and waſh it and ſlice it, and a few leaues of Penny-royall, lay them in ſteepe in Conduit water, and ſo waſh your mouth with the water.

For a Laske.

Take an Egge, and Aqua compoſita, and baſte it with the Egge till it be drie, then take Sinamon and Sugar, and eate with the Egge.

A Medicine very precious called *Flos unguentum*, good for all manner of maladies, that is to wit, againſt all ſores, and wounds, againſt al manner of impoſtumes in the head or body againſt head-ach, ſinging in the braine, or boiling in the heart, ſhrinking of ſinewes, it draweth out any thorne or broken bone, and al manner of Ache out of the Liver, ſpleene, or lungs, it helpeth the Emerodes, and it is very good to make a Seare-cloth for all Gouts, aches, and peſtilent Botches, and therefore this treatiſe is worthily called *Flos unguentum*.

Take Rozin and Pier, of each halfe a pound, of Virgin-ware, and Frankincenſe, of each a quarter of a pound, of maſticke an ounce, of barts ſewet a quarter of a pound, campher two dragmes, melt that is to be melted, and pare that is to be pared, and ſearce it, boyle it ouer the fire, ſtraine them through

through a cloth into a pottle of white wine, with all the other Medicines together, then let it coole; till it be no hotter then blood-warme, then put thereunto a quantity of Turpentine, euer ſtirring it vntil it be cold, but euer beware that your ſtuff be no hotter then blood-warme when you put in your Turpentine, or elſe it marreth all the ſtuffe: and make it vp in rolles, and keepe it to your vſe, and when you will, occupy it plaiſterwiſe to your griefe.

To make the blacke ſalve, that cureth all old ſores, Vlcers, be they never ſo great, foule and ſtinking.

Take a gallon of ſtale Ale being very ſtrong, two handfuls of wood bine-leaues halfe a handfull of reuerued Nettles, as many roſe buds, with the ſappe leaues, halfe a pound of red Onions, halfe a pound of Garlicke pilled, a pound of vnſet Leekes, a little diſh-full or handfull of the powder of a rotten poſt of an oake is beſt: let all theſe be ſtamped ſmal in a mortar ſeuerally by themſelues, put them into the Ale with halfe a pound of Roche Allum, then ſet them ouer a ſoft fire and let them boile till the one part or more be boiled away, then let them ſtand three or foure dayes, but firſt ſtrain them through a cleane cloth into a cleane veſſell then put to them halfe a pound of wax, halfe a pound of roſin, halfe a pound of the nerueli which is greene, a quantity of ſtone honey, then ſet it ouer a ſoft fire againe, and let them boile till the one halfe be conſumed, then put it into a cleane earthen pot, and ſtop it very cloſe, and vſe thereof when you haue occaſion.

Preſcriptions and rules made by M. Doctor *Good*, to be obſerued at the Bathe.

When you come to Bathe, after your iourney, reſt and quiet your body for the ſpace of a day or two, and for the faſhion of the Bath, how and after what ſort others which are there doe vſe the ſame.

If it be not a faire cleare day, goe not into the open Bath, but rather vſe the water in a Bathing veſſel in your chamber as many men doe.

The beſt times in the day to goe into the Bathes, is in the mor-

morning an houre and a halfe after the Sunrising, or thereabout, in the most quietest time, and when you shall feele your stomack well and quiet, and that your meat is well digested, and haue rested well the night before: but before you go into the Bath, you must walke an houre, or halfe an houre at the least in your chamber, or elsewhere.

You must alwayes goe into the Bath with an empty stomacke, and as long as you are in it, except great necessity require the contrary, and then to take some little supping before your walking, or before you rise: not hurtfull, let your tarrying in the Bath be according as you may well abide it, but tarry not too long in any wise at the first, although you may well abide, that your strength at no time may faile you.

You may tarry in the Crosse Bath an houre and a halfe at a time after the first bathing, and in the Kings Bath you may tarry after the first bathing, at one time halfe an houre or three quarters of an houre, but in any wise tarry no time vntil you be faint, or that your strength faile you.

And if at any time you bee faint in the bath, then you may drinke some Ale warmed with a toste, or any other supping or greene Ginger, or if great need be, Aqua composita, Methridatum, the bignesse of a Nut-kernell at a time, either by it selfe or mixed with Ale or other liquor.

As long as you are in any of the baths, you must couer your head very well, that you take no cold thereof, for it is very perilous to take any cold on your head in the bath, or in any other place during your bathing time.

When you come forth of any of the Baths, see that you couer your selues very well, and dry off the water from your body with warme cloathes, and then put on a warme shirt and a Mantle, or some other warme gowne: for taking of cold, and so goe straight way to your warme bed, and sweate diligently, and after that you may sleepe a while, but you must not drinke any thing the inner time, except you be very faint, and then you may take a little Sugar candy, or a few Raisins, or a little thin broth, but small in quantity to slake your thirst onely, because it is not good to drinke or eate by and

by

by after the Bath, vntill you haue slept a while if you can.

After that you haue slept and sweat enough, and are clearely delyuered from the heat that you had in the Bath, and in your bed, then may you rise and walke a little, and so goe to your dinner, for by measurable walking, the euill vapours and windinesse of the stomacke that are taken in the Bath bee driuen away and vtterly avoyded.

After all this then goe to your dinner, and eate of good meats but not very much, that you may rise from the table with some appetite, so that you may eate more if you would, and yet you must not eate too little for decaying of your strength.

Let your bread be of good sweete meale, and of one dates baking or two at the most, and your meate well boyled or rosted and especially let these be your meates, Mutton, Veale, Chickins, Rabbets, Capon, Pheasant, Partrich, or the like.

You may also eate fresh water fish, so it be not muddy, as Eeles and the like, refraine al salt fish as Ling, haberdine, &c. auoyd all fruit and raw hearbs, Sallet, and the like.

Apparell your body according to the coldnesse of the weather and the temperature of the ayre, but in any wise take no cold.

And if you bathe againe in the afternoone, or after dinner, then make a very light dinner, as a couple of poached Egges, a Caudle, or some other broth with a Chicken, and then after foure or fiue houres your dinner so taken you may bathe againe, and in any wise tarry not so long in the bath as you did in the forenoone.

You must at no time goe into the bathe, except you haue beene at stole, either by nature or other wise, and if by noe meanes it will be of it selfe, then take a suppositorie once in two dayes at the least wise.

For all manner of wormes.

Take Grounsell, and Plantine with the roots, and stampe them and straine them with Malmsie, and warme it, and giue it the patient to drink three dayes together, it will kill al manner of wormes, and if you haue an Ague, it will also rid it by Gods grace.

A medi-

A Medicine for the wormes in a Child.

Take Aqua compoſita that is made of heards, and waſh the breſt of the childe, then take the powder of mirrhe, very fine beaten, and ſtrew it vpon the breſt of the childe after that it is waſhed, and lay a warme cloth to it, and let it lye fours and twenty houres.

For the wormes.

If it fortune the Child to auoyd a worme, as oftentimes they doe, then take that Worme and dry it, ſo that you may make it into powder, and giue it to the child to drinke in Ale or Wort, and it ſhall kill the reſt of the Wormes, or cauſe them to come forth aliue.

For him that hath drunke venome, and his belly beginneth to ſwell or ake.

Take greene Rew, waſh it ſtamp it and temper it with white wine, and giue it him to drinke.

To cleare the voyce.

Take Organy, Iſope, Harts-tongue, Elicompane, of Liquorice, and of Fennel: and boile them together with cleane water, and ſo drinke it firſt and laſt.

A Medicine for the Tiſicke, and ſtopping in the breſt, and to open the pipes.

Take Parſly rootes, Fennell-rootes, Succory-roots, and take out the pith of them, and ſeeth them in white Wine till they be ſoft, ſeeth therewith Iuniper berries, if you can get them, then ſtraine it: when it is well ſodden, put Pellitory of Spaine to the Wine and let the ſicke drinke of it morning and euening eight dayes.

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FINIS.